



# WHERE TO GET HELP

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## Fleet and Family Support Center (FFSC)

<http://www.ffsp.navy.mil>

Fleet and Family Support Centers have a diverse assortment of programs that can assist with everything from helping a spouse start a career, to short-term counseling, to parenting classes, to financial planning. Whatever the situation, your FFSC should be the place to start. Contact your local FFSC or go online for further information.

## American Red Cross

<http://redcross.org/>

Both active duty and community-based military can count on the Red Cross to provide emergency communications that link them with their families back home, access to financial assistance, counseling, and assistance to veterans. The website includes tips for spouses of deployed military.

## Navy One Source

<http://www.navyonesource.com/>

Navy One Source Online provides useful information and resources to help balance work and family life. It is designed to help deal with life's issues. Consultants are available 24 hours a day, 7 days a week, 365 days a year. One can call in and speak to a master's level consultant or go online to access information or email a consultant.

## Navy Lifelines

<http://www.lifelines.navy.mil/>

The LIFELines Services Network (LSN) focuses on the delivery of Quality of Life information and services to Active and Reserve Marines, Sailors, and family members. Articles and information as well as links to numerous other sites.

## TRICARE Management Activity

[www.tricare.osd.mil](http://www.tricare.osd.mil)

Everything you need to know to access your TRICARE healthcare benefits.

## Military Pay

<http://www.dod.mil/militarypay/>

Military Pay and Benefits Website sponsored by the Office of the Under Secretary of Defense for Personnel and Readiness. Currently, the major elements of compensation are discussed.